

Urgent Appeal

*"Never doubt
that a small group
of thoughtful,
committed citizens
can change
the world; indeed,
it's the only thing
that ever does."*

Margaret Mead

and representing us on issues such as choice in health care, safe housing, job accommodation, safe food, water and air, and schools. The need to support one another, share information and resources is as great or greater than ever.

But if the excellent work that has been carried out over the years is to continue, all members who are able to get involved in any capacity, large or small, in the day-to-day running of the branch, are urged to attend the Annual General Meeting on Thursday, April 22 (7:30, McNabb Community Center, Bronson Ave.

At a time when there is more public awareness of environmental health issues than ever, the Ottawa AEHA, like many organizations based on volunteers, and mainly people with disabilities, finds itself at a cross-roads. The AEHA should continue to be a strong voice for increasing awareness

corner of Gladstone Ave.). The meeting will address where the organization has been, and include a discussion of where members of the branch want to put the main focus in the coming year—self-help, education, safe food supplies. What do you want and need from the organization? Now is the time to speak up, present your ideas and suggestions, and get involved. No special training or experience is required, and every contribution, no matter how small, is vital in keeping a healthy, active branch alive. Working together, we can make a difference!

As several long-standing members have or are planning to step down, many positions on the board will be up for election, including the following:

President
Vice-Presidents
Treasurer
Membership
Secretary

Volunteers are sought for:
EcoSense Advertising Manager
Book Librarian
AEHA Telephone Line
Publicity

Contents

- 1 Urgent Appeal
- 2 Speaking Out: Choice in Health Care at Risk—Dr. Krop Found Guilty by CPSO
- 3 Letter to Queen's Park—*Write to Support the Kwinter Bill*
- 4 Patients protest CPSO Ruling
- 5 Live Blood Microscopy: Another Tool on the Road to Health

- 5 Eco-bits
- 6 Books for Health: *Chronic Fatigue, Fibromyalgia and Environmental Illness*
- 7 Branch news/classifieds
- 8 Health News Briefs
- Financial Report for 1998 (Insert)

Apologies for the brief format of this issue of *Eco-sense*. Our new editor, Russel Biggar, broke his arm just before press time. We wish him a speedy recovery.

Our thanks to contributors Ann McCallum, Tatiana Schneider, Barbara Leimsner, and Dodie Cote.

Speaking Out

Choice in Health Care at Risk—Dr. Krop Found Guilty by CPSO

By Ann McCallum

Like many members of AEHA, I followed Dr. Krop's ten-year long fight with keen interest, and was dismayed but not surprised at the recent Ontario College of Physicians and Surgeons (CPSO) finding of professional misconduct. It was clearly intended to ruin Dr. Krop's career, and stop others from practicing complementary medicine. The CPSO's actions will effectively deprive us of our right to freedom of choice in health care.

The effects of CPSO's actions also affect us personally in other areas. By attacking complementary medicine, CPSO fosters societal disbelief in the existence of certain medical conditions, making it impossible for those affected to obtain long-term disability benefits, Workers' Compensation benefits, appropriate job accommodation and rehabilitation as persons with disabilities. It prevents recognition of our illnesses and robs us of family and social respect, support, understanding, and assistance.

Disbelief is a potent weapon in the hands of authorities. In my eight-year fight to obtain long term disability benefits and workers' compensation for workplace induced Environmental Illness, I have reviewed many Workers' Compensation, E.I. and CFS cases, and spoken to many people who were refused long term disability benefits. The common factor in denial of these claims were the reports of the "independent medical experts". Some "experts" concluded there was no "objective proof" and therefore no diagnosis. The majority concluded symptoms were "psychological" despite contrary medical and documentary evidence. Even though most of these "experts" have no qualifications in psychiatry or psychology, claims were thrown out on the basis of their opinions. Not surprisingly, the same

"independent medical experts" show up in case after case! These doctors have no courses in environmental medicine, and consistently deny the existence of E.I. and CFS. The fact is these doctors are not "independent". They are biased and unqualified to assess our claims. Some are little more than employees of the insurance companies. But they are protected by the CPSO policies. And, because of their "experience" in testifying, these doctors are used by the Workers' Compensation Board and Canada Pension Plan as well.

This must change. We must defend these rights or continue to accept the consequences.

In Ontario, in April, 1998, Mr. M. Kwinter tabled a private member's Bill which would amend the Medicine Act to protect practitioners of complementary medicine. The Bill failed to become law before the end of session, but Mr. Kwinter intends to re-introduce it next session.

Pressure from constituents helped to pass a similar Bill in Alberta. Pressure from us may have a similar effect. With an election in the offing, it is a good time to take action, and ensure that this Bill is given priority. Many organizations, such as Citizens for Choice in Health Care, the Consumer Health Organization of Canada and the Canadian Society for Environmental Medicine are involved in this issue of freedom of choice. They are supporting Dr. Krop, and demanding an independent inquiry into the College's disciplinary process. "Alive" magazine reports that the Victims of Health Care Abuse have launched a suit against CPSO, and that other law suits are pending.

Every letter counts. I hope you will take time to write to your MPP, Mr. Harris and/or the Ontario Minister of Health on these issues. •

Letter to Queen's Park

Below is a suggested letter including the exact text of the Kwinter Bill. Letters will require a stamp. Postal codes vary according to political party, so please add the appropriate one for your MPP to your letter. For Progressive Conservatives, the postal code is M7A 1A2; for Liberals the postal code is M7A 1A4; and for the NDP, the postal code is M7A 1A5.

Date _____,

M.P.P. Legislative Building,
Queen's Park Toronto,
Ontario (Postal code)

Dear: _____

The College of Physicians and Surgeons of Ontario (CPSO) decision in the case of Dr. Krop is a travesty of justice, with repercussions far beyond its objective of using Dr. Krop as an example to intimidate complementary medical practitioners.

Firstly, the CPSO's successful attacks on complementary medicine practitioners deprive Ontario citizens of the right to freedom of choice in health care and increase health costs. The approach to Environmental Illnesses is an example. Qualified physicians who take accredited environmental medicine courses outside Canada risk harassment and investigation by the CPSO. Yet "mainstream" Ontario doctors are not trained to identify, diagnose or treat E.I. because Ontario medical colleges don't provide such courses. Unnecessary medical tests, inappropriate diagnoses and drug treatment result causing conditions to become worse or chronic.

Secondly, the CPSO promotes societal disbelief regarding the value of alternative medicine therapies, and denies existence of the many conditions (such as chronic fatigue syndrome, and environmental illnesses) treated by such therapies. This enables disability insurers to dismiss legitimate claims as "psychological" or "malingering"; and enables employers to refuse further employment or the reasonable accommodation of disabled employees. Denied all legitimate benefits and alternatives, and forced out of work, affected persons become reliant on social assistance. Societal ignorance and disbelief causes isolation, family breakdown and depression.

It is estimated that 15% of Ontarians have some form of environmental illness. Many others have chronic fatigue or other diseases which do not respond to conventional therapies. Are members of the Ontario Legislature prepared to pay the social cost of depriving so many of the appropriate medical care and benefits to which they are legally entitled?

Mr. M. Kwinter's office advises he will again present his private members' Bill "An Act to amend the Medicine Act 1991" during the next session. This proposed Bill states:

"A member shall not be found guilty of professional misconduct or of incompetence under section 51 or 52 of the Health Professions Procedural Code solely on the basis that the member practices a therapy that is non-traditional or that departs from the prevailing medical practice unless there is evidence that proves the therapy poses a greater risk to a patient's health than the traditional or prevailing practice."

I urge you to support this Bill. In addition, I urge you to support a truly independent inquiry into the disciplinary process of the Ontario College of Physicians and Surgeons. I also request that you advise me where you stand on this issue.

Yours sincerely,

Patients protest college's ruling of misconduct.

Alternative therapy defended by supporters

The Toronto Star - Friday January 23, 1999

by Daniel Girard Queen's Park Bureau

To Pearl Rimer, the alternative therapies of Dr. Jozef Krop have meant a new lease on life for her teenage son. To the College of Physicians and Surgeons of Ontario they have added up to professional misconduct. Rimer and other supporters of the Mississauga (Metropolitan Toronto area) doctor, who practices environmental medicine, gathered at Queen's Park (site of the Ontario Legislature) yesterday to denounce the decision and call for an examination of how the college does business in regard to alternative medical treatment. "The college's decision jeopardized the physical and emotional health and well-being of my son and all the citizens in this province," Rimer told reporters at a new conference. "The decision must be corrected." Rimer's son Jonah, 13, was born 2-1/2 month premature and has been plagued by serious respiratory problems and asthma. Before seeing Krop for the first time six years ago, the boy never slept through the night, constantly needed an inhaler and had little ability to be active like a typical child his age, Rimer said. But following Krop's therapies, including drops of a specially concocted anti-allergy serum deposited under the tongue, Jonah no longer used steroids, has needed an inhaler once in the past year and sleeps through the night, Rimer said. "He's no longer sees himself as a sick person," she said. The college decision, made public earlier this month, has

had a "chilling effect" on doctors and patients who rely on alternative medicine, said Bruce Lofquist of the Citizens For Choice in Health Care. The fact that Krop, who continues to work while appealing the decision, was found guilty without any patients being harmed of complaining shows the college is biased against less traditional medical treatments, he said. "Dr. Jozef symbolizes what's best in complementary and environmental medicine," Lofquist said. College spokesperson Jim Maclean rejected those suggestions, noting that a recent review of its discipline hearings showed that of 462 cases over several years, just eight involved environmental practitioners. "This is about one doctor," Maclean said in an interview. "Furthermore, there is no law in Ontario ... preventing a doctor from practicing alternative or complementary therapy. It's not against the law. It never was." Maclean said the highly publicized hearings on Krop heard from a number of doctors who practice alternative medicine. The college concluded Krop's practices differed significantly from the other regarding a handful of patients. The college's disciplinary panel said Krop failed to maintain his profession's standard of practice in treating six patients. While none was physically harmed by the treatments, it said several patients were exposed to the hazards of antifungal drugs and paid for unconventional testing not covered by OHIP. •

How good is your blood?

Live Blood Microscopy Another Tool on the Road to Health

By Barbara Leimsner

I recently decided to go for live blood analysis, which involves magnifying a single drop of "live" blood taken from your finger, magnifying it up to 1,500 times, and having a trained microscopist review what she or he sees on a monitor with you while you watch. A dried blood sample is also examined. The process takes about an hour and a half.

This kind of analysis can show up distortions of red blood cells that reveal nutritional status, low levels of iron, protein, Vit. B12, folic acid and fatty acids. Liver stress and bacterial or fungal life forms can also be detected, as well as signs of yeast, parasites and hormonal imbalance. Normal, healthy blood has round, red evenly shaped cells floating freely in plasma. Changes in blood ecology can be identified by comparing them to photos showing identified problems. The test costs \$80 to \$90.

I visited Rozanne Routhier at her home in Aylmer, one of at least two places that perform live blood analysis in the Ottawa area. After filling out a lengthy health history questionnaire, I was keen to view my own blood to see just how effective all of my nutritional efforts and supplementation, chelation and other treatments have been.

Routhier explained that my blood showed several problems, including microorganisms that indicated a lack of B12, folic acid and trace minerals, poor assimilation and bowel toxicity, as well as high cholesterol levels (need to

increase essential fatty acids). Irregular shaped red blood cells showed a lot of free radical damage, and anaemia. Also clearly visible were parasite nests and candida. My blood was also too acid, suggesting more leafy green vegetables and fruits, especially raw ones. On the positive side, my levels of heavy metals were good.

The live blood analysis has given me a clearer picture of "the enemy within", and has armed me with information to help me refocus my treatment. Although it is admittedly intimidating to see the extent of one's own free radical damage and so forth, the information gleaned is actually very encouraging because it points the way to several steps in the short and longer term.

These results will be reviewed with my doctor. You should note that the microscopist does sell a line of fairly costly herbal products that promise to remedy all the conditions you have viewed, and purchasing these are optional.

On a sobering note, the blood of an 11-year old boy, which Routhier examined just before mine, showed his health was already in terrible shape. "All he eats is Kraft Dinner," Routhier said. "I couldn't find a healthy cell, as hard as I tried. That boy is already very sick, and his mother knows little or nothing about nutrition," she said. "She has a lot of work to do."

Live blood analysis is also available through the Holistic Clinic Health Shop, 2211 Riverside Dr. •

ECO bits

By Tatiana Schneider

Web site: HEALTHY-HOMES.COM provides information on vans converted for EI use. Tad Taylor also specializes in the design and renovation of houses for EI since 1985. His telephone (802) 896-6891.

Good news about snow. Snow is about five times more effective in removing particles from the air than rain, according to "Environmental Science and Technology" 1998 #33.

RAINET is an advocacy group which specializes in research and information on environmental toxins. It provides advocacy on behalf of persons who are challenged by chemically/environmentally-induced injury/illness. It corresponds on behalf of clients to:

employers, social services, insurance companies, CPP and physicians. It represents clients before various tribunals or review board. Rainet is located in Etobicoke, Ontario. Hilary Balmer is executive director of this organization and can be reached on her pager at 1-888-231-1971. She is a medical nurse, and was afflicted by chemical sensitivities herself. She is very understanding, knowledgeable and helpful in many aspects of legal issues related to MCS.

Books for health

Alternative Medicine Guide to Chronic Fatigue, Fibromyalgia & Environmental Illness is compiled by Burton Goldberg and the editors of "Alternative Medicine Digest". It was published in 1998 by Future Medicine Publishing and available in the Ottawa Public Library (not scented yet!) and in Singing Pebbles bookstore for \$23.00 + tax.

This winter AEHA is presenting a series workshops on the subject of alternative therapies in connection to MCS. The recently published book *Alternative Medicine Guide to Chronic Fatigue, Fibromyalgia & Environmental Illness* would be a good "supplement" to it.

When I first saw this book while waiting in the doctor's office, I was overwhelmed by the presentation without even plunging into the subject of it. Page by page it looked so much like an interactive computer screen. The information just moves onto you. It is broken into blocks of different fonts and shades with graphic images and icons, leading to further information within or outside the book. The blocks with "quick definitions" I liked best as it provides explanations of medical terms in a very clear language, digested to a lay person's level of knowledge and comprehension. There are also icons with information on contributors (26 leading physicians): their philosophy, usually in a short statement, next to or under their photograph. Also provided is their telephone and address. The 359 pages are organized into twelve chapters with subjects such as: Testing, Detoxifying, Replenishing enzyme deficiency, Restoring immune vitality, etc.

Although I did not go through all the book yet, I can tell that chapter two on testing, answers more of my questions than any doctors with whom I have done a myriad of tests in last three years. It seems that each chapter provides a wealth of information, some already familiar to many of us, but some still unexplored. Each chapter includes case studies, which shows doctors' approaches to resolving difficult cases. As usual in the printed world, these cases lead to great improvement and most of the time to a complete recovery. Of course this book is not a comprehensive compendium, but it provides a wide spectrum of approaches to tests and therapies in a very compact format. It also leads to further reading and provides citations to various resources for tests and supplements.

I would recommend this book to anyone who is suffering from chronic debilitating symptoms as a good preparatory ground for questioning your doctor on your next visit and assist you in finding your path to recovery.

Tatiana Schneider

Murray, Michael T., N.D. *Boost Serotonin Levels - 5-HTP - The Natural Way to Overcome Depression, Obesity, and Insomnia*. Bantam Books 1998 ISBN 0-553-10784-4.

I happened upon this gem by chance while browsing in a bookstore. I was able to gather enough information by leafing through it briefly to feel confident enough to buy some 5-HTP (5-hydroxytryptophan) at a health food store that carried it (not to be confused with the man-made tryptophan that was taken from the shelves some years ago, or melatonin). 5-HTP is extracted from the African bean called *Griffonia simplicifolia*.

The author makes it clear that it must be taken with another herb such as St.-John's-wort extract (must be Standardized Potency 0.3% Hypericin to be effective), Ginkgo biloba, or Passionflower, depending on what you are treating. Clear dosage recommendations and other important information is provided. Although in my personal experience, being hypersensitive to not only drugs but also some herbs, I had to start off very small (50mg once a day 6hr. away from any B vitamins as recommended in the book) and experiment with my dosage, keeping in mind the symptoms listed for serotonin over- production. As he points out, your success will depend on whether you are deficient in Iron, or 8 essential Bs so supplementation, a healthy diet and lifestyle are also prescribed. He includes at least one helpful case history per chapter for clarity into it's uses.

Instructions are given on how it can be used to treat many health problems including: migraine headache, SAD, body pain and other symptoms in CFS, FMS, PMS, Parkinson's disease, Seizure disorders, Eating disorders, obstructive sleep apnea, narcolepsy, parasomnias, and even restore an ailing libido in the process, just to list a few. It is easy to read, yet sufficiently detailed. Organized in specific-to-ailment chapters that are clearly labeled so as to return to a subject at a glance. This book is written like a manual because I feel the author knows that this treatment is not known to many as it is commonly confused with the one that was taken off the shelves, which, by the way, is still available by prescription. He also shows how tryptophan differs from 5-HTP and how it, in turn, differs from other serotonin boosters such as Prozac, and why he does not recommend those. I can sincerely recommend this book to all those who need and need to read about a treatment finally offering hope.

Dodie Cote, Sault Ste.Marie, ON., (Long distance member)

Chronic Fatigue, Fibromyalgia & Environmental Illness, By Burton Goldberg and the Editors of Alternative Medicine Digest Future Medicine Publishing, Tiburton, California 1998 \$18.95

One of a series that explains how 26 leading U.S. doctors of alternative medicine have used techniques and natural substances to bring about a complete recovery of their patients. It includes many case studies, as well sections on testing methods, viruses and candidiasis, detoxification, hidden thyroid problems, heavy metal toxicity, enzyme and nutritional deficiencies and emotional factors. Valuable quick definitions and resource information, including phone numbers and web sites. Reading this will give you ideas about different treatments and questions to ask your health care professional.

The Whole Way to Natural Detoxification: The Complete Guide to Clearing Your Body of Toxins, Jacqueline Krohn, MD, Hartley and Marks Publishers, Inc., Vancouver 1996 \$29.95.

This is a complete guide to 100 natural detoxification methods for everything from pesticides and radiation to noise and emotional trauma. Gives detailed instructions for baths, saunas and hydrotherapy, diet and nutrition, exercise and bodywork and chelation and allergy extracts. Dr. Krohn is also author of *The Whole Way to Allergy Relief and Prevention*, which has an excellent section on the emotional and psychological impact of environmental illness.

The Rebellious Body: Reclaim Your Life from Environmental Illness or Chronic Fatigue Syndrome, by Janice Strubbe Wittenberg, R.N., Insight Books, Plenum Press, New York, 1996 \$31.95.

This is a practical self-help guide loaded with information from multiple perspectives that engages you in your own recovery. Wittenberg herself had both illnesses, and says this is the book she wishes someone had given her. Deals with body, mind and spirit, and is designed to help you take charge of your recovery and, importantly, to sustain your health once you are better. Good description of complementary therapies.

Happy reading.

Barbara Leimsner. Board member.

Meat Update

Some "clean" chickens are still available at \$2.75 per pound.

These chickens are large and are never fed corn. Most weigh 9 to 10 lbs each, but your butcher can cut them in halves or quarters if you wish. They are tasty and meaty. They cost \$2.25 per pound, if picked up where I live within two weeks of delivery and \$2.75 per pound for later pick ups. Contact me (Joanne Bedard) 747-6841 for further details.

Chemical free baby beef is now available. The cattle had been off milk for about two months. There are various tasty and tender cuts tasty at reasonable prices. For example, most steaks range from \$3.50 to \$4.00 maximum (T-Bone) per pound. Most roasts are between \$3.25 and \$3.50 per pound.

Chemical free lamb – delivered at the end of February – is also available. There are a variety of cuts at various prices. Call me for details.

AEHA member Joanne Bedard

Room for rent

ROOM available in home of environmentally sensitive person. No smoking, cats, dogs or rugs. Wooden floors. Suitable for quiet, mature person. Share kitchen and bathroom. Close to public transit – Tunney's pasture area. Call Russel 798-2541.

Allergy and Environmental Health Association (Ottawa Branch)
Statement of Revenue and Expenditure for year ended December 31, 1998

Revenue

Membership Fees	\$2838.22
Donations	140.00
Workshops	40.00
Sales	529.90
Food Sales	2253.82
Advertising	320.00
Balance from 1997 Conference account	1733.57
Bank Interest	13.46
Towards truck rental	21.30
Total	\$7890.27

Expenses, Program

Printing, photocopying	756.94
Books	275.16
Postage	543.58
Meetings	269.10
Meat Expenses	1816.94
Total	3661.72

Expenses, Administrative

Office Supplies	65.45
Phone	324.44
P. O. Box	74.90
Bank Service Charges	9.01
Total	\$473.80

Portion of memberships to 'National'	1095.00
--------------------------------------	---------

Total Expenditure	5230.52
-------------------	---------

Balance December 31, 1997	\$4795.95
---------------------------	-----------

Revenue for 1998	7890.27
------------------	---------

Expenditure for 1998	5230.52
----------------------	---------

Balance December 31, 1998	\$7455.70
---------------------------	-----------

Submitted by Art Read, Branch Treasurer